

1-14. (Canceled)

15. (New) A method, comprising:

generating, at a headend, a plurality of frame sequences of graphics and video to form an interactive program guide user interface;

encoding, at a headend, the interactive program guide user interface to include an identifier for identifying the interactive program guide user interface;

modulating, at a headend, the encoded interactive program guide user interface to produce an interactive program guide stream;

combining, at the headend, the interactive program guide stream and a broadcast bit stream representing audio and video of a broadcast program to form a transport stream;

transmitting the transport stream to a set top terminal via an in-band content distribution network;

in response to a selection signal providing an identifier for identifying the interactive program guide user interface, extracting, at a set-top terminal, the interactive program guide user interface associated with the identifier for immediate presentation on a viewer's equipment;

determining, at the set-top terminal, a view action of moving a cursor to a lookahead time interval within the presented interactive program guide user interface;

in response to the determined view action, sending a request from the set-top terminal to a session manager at the headend via a bi-directional out-of-band channel for an interactive program guide page corresponding to the determined view action;

retrieving, at the headend, the interactive program guide page corresponding to the determined view action;

combining, at the headend, an interactive program guide stream having the interactive program guide page corresponding to the determined view action and a broadcast bit stream to form a transport stream; and

transmitting the transport stream to the set top terminal for extraction, at a set-top terminal, the interactive program guide user interface from the interactive program guide stream having the interactive program guide page corresponding to the determined view action to present the interactive program guide page corresponding to the determined view action on the viewer's equipment.

16. (New) The method of claim 15, further comprising:  
changing the particular broadcast video display to a new broadcast video display, upon termination of a navigation command;  
wherein changing the particular broadcast video display is accomplished by generating, encoding, and transmitting video packet streams at the headend.

17. (New) The method of claim 16, wherein the navigation command navigates only through favorite channels.

18. (New) The method of claim 15, wherein the interactive program guide user interface is overlaid the broadcast video presentation in response to a signal to activate the interactive program guide user interface.